



OCTOBER 2023



Oct. 2 Goulash (1¼ cup) Corn Bread Square Hot Spinach Apple Pie Bar	Oct. 3 No Meals Served Regional Staff Training	Oct. 4 Meatloaf Scalloped Potatoes Stewed Tomatoes Three Bean Salad Strawberry Gelatin/Topping	Oct. 5 Boiled Dinner w/Ham, Potatoes, Carrots & Cabbage Marinated Broccoli Salad Frosted Pumpkin Bar	Oct. 6 Roast Pork Ranch Mashed Potatoes California Blend Vegetables Peaches Iced Angel Food Cake
Oct. 9 Beef Stew over a Baking Powder Biscuit Spinach Salad Mixed Fruit Cheesecake w/Fruit Topping	Oct. 10 Ring Bologna Oven Roasted Potatoes Seasoned Mixed Vegetables Chunky Applesauce Butterfinger Dessert	Oct. 11 Roast Beef/Gravy Mashed Potatoes Honey Glazed Carrots Pears Frosted Chocolate Cake	Oct. 12 Tuscan Bean Soup Egg Salad Sandwich on Whole Wheat Bread Tomato & Cucumber Salad Pineapple Chunks Seven Layer Bar	Oct. 13 Spaghetti w/Meat Sauce Green Beans Tropical Fruit Caesar Salad Garlic Bread Baker's Choice Cookie
Oct. 16 Sloppy Joe on a Bun Potato Wedges Baked Beans Apricots Chocolate Cherry Bar	Oct. 17 Saucy Pork Chop Mashed Potatoes Squash Fruit Salad Pumpkin Pie Square	Oct. 18 Salisbury Steak Duchess Potatoes Green & Wax Beans Mandarin Orange Slices Vanilla Pudding Pie Dessert	Oct. 19 Lasagna California Blend Vegetables Mixed Greens w/Dressing Mixed Fruit French Bread Lemon Bar	Oct. 20 Baked Cod Oven Browned Potatoes Corn Carrot Raisin Salad Banana Bread
Oct. 23 Pepper Steak Mashed Potatoes Carrots Banana Bread Pudding/Caramel Sauce	Oct. 24 Sliced Ham Sweet Potatoes Broccoli Pears Whole Wheat Dinner Roll Apple Crisp	Oct. 25 Hamburger on a Bun w/Cheese Slice Maple Baked Beans Romaine Salad Tropical Fruit Frosted Brownie	Oct. 26 Orange Glazed Chicken Breast Au Gratin Potatoes Baked Corn Sunshine Salad Frosted Cake	Oct. 27 Pasty Casserole w/Gravy Harvard Beets Mixed Fruit Mississippi Mud Bar
Oct. 30 Tater Tot Casserole Normandy Blend Veg.'s Black Bean Salad Rice Cereal Treat	Oct. 31 BBQ Baked Chicken Breast O'Brien Potatoes Green Beans Fruit Medley Pumpkin Bar	Nov. 1 Salmon Loaf Squash Caesar Salad Hidden Pears Frosted Marble Cake	Nov. 2 Swiss Steak w/Gravy Mashed Potatoes Mixed Vegetables Chunky Applesauce Cherry Fluff	Nov. 3 Seafood Alfredo Peas & Carrots Mixed Greens w/Dressing Fruited Gelatin Frosted Sugar Cookie

All menus are prepared in kitchens that are not allergen free. We cannot guarantee that food allergens will not be transferred through cross contact and therefore cannot offer a substitution item for food allergies, intolerances or personal food preferences.